

Add handles to objects to allow gripping with the whole hand

Reduces high hand force - pinching



Suction cup handles for sheet glass, tile, etc.



Handle for carrying buckets and pots



Panel carrying handle



Cutout handles added to boxes and totes

Illustrations from *Ergonomic Checkpoints* by the International Labour Organization (ILO):
<http://www.ilo.org/public/english/support/publ/textoh.htm#b82>

Other benefits:

- Handles give a better grip, so drops and other accidents are less likely.
- Handles can also help to reduce awkward postures, such as bending at the back.
- Reduced grip force means less hand fatigue at the end of the day.